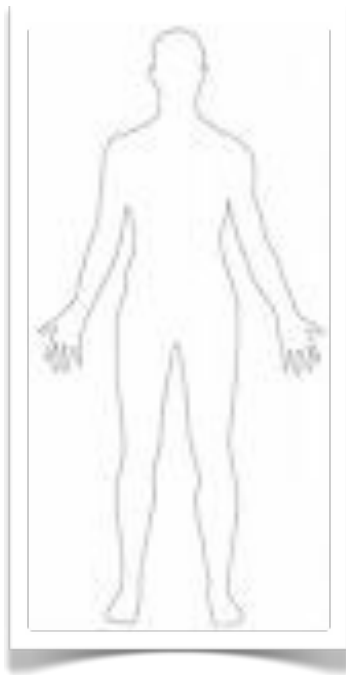


Reframing Stress: Personal and Professional Crossing Borders

Linda Eaton
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Reframing Stress

“The absence of stress is death.” Dr. Hans Selye

Stressors

Symptoms

What is stress? A working definition -

Stress is our _____ to events we perceive as a

_____ to our basic _____ .

Physical Stress Busters:

Deep breathing

Laughter

Stretching

Diet

Exercise

Changing Your Mind



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